

OSHO BARDO

<http://oshobardo.com/wordpress/>

Home

Introduction to Conscious Dying

[Audio for an an Introduction to Concious Death](#)

Dying consciously is the most important, most useful ,most significant act we can accomplish in any

life. This website is a collage of Osho's teachings on:; conscious dying;bardo teachings; how to prepare

for conscious dying(sammasati);the art of living; and, the art of dying/All five topics are intimately

interrelated, interwoven aspects of an organic unity. This website is a device to transcend the fear of

death, and an experience for the expansion of your consciousness and dissolution of the idea of self. It

is not merely information about the topics. Anyone who realizes that the death of this body is inevitable

is ready to absorb and appreciate these teachings. You do not have to be a disciple of Osho to benefit

from his teachings. He is available to all persons, especially those who meditate, celebrate life, seek the

truth of who they are, and are awed by the great mystery in which we live.

How to use the website? Follow your feeling. A few suggestions: listening is more powerful than reading,

yet their impacts are complementary. Try both. Listen to Osho as though his voice was birdsongs, a

waterfall or beautiful music. Relax into the silences between and around the words. There is no need to

memorize, criticize, analyze or agree with what he says. The mind will do all these things, let it chatter,

don't get lost in the commentary. What sequence to follow? The order in which the teachings are presented is the suggested sequence, but you are free to follow any sequence you choose.

George Gurdjieff advised that when reading any spiritually transforming literature, read it three times.

The first time in our ordinary way as though it were a novel or a newspaper; the second time as though

we were reading it aloud to a child; the third time we may begin to absorb some of the meaning. I find

that each time I listen to the same passage by Osho, new levels of meaning unfold to me.

These teachings are especially useful when a person is ill, dying, or has recently left the body.
THE

**SIMPLEST METHOD FOR REMAINING CONSCIOUS DURING THE DYING
PROCESS, AND FOR RECEIVING**

**MYSTERIOUS HELP FROM THE BEYOND, IS TO REMEMBER THE PRESENCE OF AN
ENLIGHTENED MASTER AS CONTINUOUSLY AS POSSIBLE. REMEMBER THE
PRESENCE IN WHATEVER FORM COMES TO YOU, EVEN AS A FORMLESS
ENERGY. REMEMBER AND FEEL YOUR LOVE AND TRUST IN THE MASTER.**

I asked Osho this question in Bombay, in 1986.

“Osho, thoughts of death have been a frequent visitor during my discipleship. How can a disciple die in a

master's presence, especially when the master is physically distant?”

“The question is not whether or not you are in the presence of the master, but whether or not you are filled with love and trust for the master. Physical closeness means nothing. Only spiritual closeness

is significant. Your love, your trust is enough. You can be on the moon and master will be at your

side—really the master will be inside you—because as your love deepens, something of the master, his energies, start melting and merging with you. The fear of physical distance is the fear of lack of love and trust.

—Just remember one thing: your love. Then wherever you are, space and distance in space do not

matter. And at a certain depth, even time does not matter.

And when both time and space are immaterial, then you have really touched the feet of the master

Then whatsoever transpires in you—to live for the message or to die, whatever comes naturally and

spontaneously—let it happen.”

I: Conscious Death

Conscious death is the door to enlightenment. If you die consciously you will be born consciously the next life, and that life will be your last one in a body on planet earth. You can choose to come back a couple of more times, if your compassion prompts you to undertake the thankless job of helping people to wake up. It is also possible, if you die consciously and remain conscious, to attain enlightenment in the interval between births. More about this in the bardo section.

This section of the website is a distillation of Osho’s teachings about the great opportunity of death, our mistaken fears of this event, and some guidance about how to prepare for conscious death. All of the other sections of the website illuminate other dimensions of conscious dying and the preparation for it. Please read and listen to this section first.

The central point. Rest in the witnessing consciousness, rigpa, no mind, the natural state, whatever name you have for the effortless awareness. Do this as you are dying, and as often as possible during the bardo you call life.

[conscious death #1 AN ETERNAL RECURRENCE: SUFIS'S;PEOPLE OF THE PATH VOL 2 ;6](#)

Audio for Conscious Death part 1 (click to play or right click to download) In the East we have a different outlook: death is not the enemy but the friend. Death gives you rest. You have become tired, you have lived your life, you have known all the joys that can be known in life, [...]

[conscious death #2 The Art of Dying Chapter #2](#)

HOW CAN WE PREPARE OURSELVES FOR DEATH? DON'T accumulate anything whatever: power, money, prestige, virtue, knowledge, even the so-called spiritual experiences. Don't accumulate. If you don't accumulate you are ready to die any moment, because you have nothing to lose. The fear of death is not really fear of death; the fear of death comes [...]

[conscious death#3 Secrets of Yoga, Voll,Chapter 1](#)

Audio for Conscious Death part 3 (click to play or right click to download) Patanjali says that even the exact date, the hour, the minute, the second of death can be known beforehand. If you know exactly when death is coming you can prepare. Death has to be received like a great guest. It is [...]

[conscious death #4 From Darkness to Light, Chapter 3](#)

Audio for Conscious Death part 4 (click to play or right click to download) From fifty-six to sixty-three you become absolutely what you are going to become: the potential blossoms. From sixty-three to seventy you start getting ready to drop the body. Now you know you are not the body, you know you are not [...]

[conscious death #5 And Now and Here, Chapter 10](#)

Audio for Conscious Death part 5 (click to play or right click to download) So our delusion about death is a social delusion. It can be removed. There is a technique and a systematic way to remove it. If no one else removes it, then anyone who has practiced even a little meditation can come [...]

[conscious death #6 Meditation: The Art of Ecstasy, Chapter 11](#)

Audio for Conscious Death part 6 (click to play or right click to download) Death is more important than life. Life is just the trivial, just the superficial; death is deeper. Through death you grow to the real life, and through life you only reach death and nothing else. Whatever we say and mean by [...]

[conscious death #7 Tao: The Pathless Path, Vol. 1, Chapter 1](#)

Audio for Conscious Death part 7 (click to play or right click to download) Tao starts with death. Why? There is something significant in the beginning. Tao says that if you understand death you

will understand everything, because in death your boundaries will be blurred. In death, you will disappear. In death, ego will be [...]

[conscious death #8 The Heart Sutra, Chapter 2](#)

Audio for Conscious Death part 8 (click to play or right click to download) So it is an experience, either in love, which people have learned to avoid – so many go on hankering for love, and go on destroying all possibilities for it because of the fear of nothingness – or, in deep meditation [...]

[conscious death #9 The Guest, Chapter 8](#)

Audio for Conscious Death part 9 (click to play or right click to download) Life has gone down the drain; now don't miss this last phase. And the last is the most important phase, because it will bring death. And if you can die as truth you will not be born again. If you can [...]

[conscious death #10 The Guest, Chapter 12](#)

Audio for Conscious Death part 10 (click to play or right click to download) The first question: Osho, For me, you are all the masters that have been before and all the masters that will come. More and more a strange knowing grows that only death is the door to this perfect union with "I [...]

[conscious death #11 The Transmission of the Lamp, Chapter 14](#)

Audio for Conscious Death part 11 (click to play or right click to download) Osho, You have talked much about death and dying. I understood you to have said that people are afraid of death itself because they can't really conceive that it is going to happen to them. Am I fooling myself when I [...]

[conscious death#12 Finger Pointing to the Moon, Chapter 6](#)

Audio for Conscious Death part 12 (click to play or right click to download) Remember, one who does not know about his birth will have great difficulty in knowing about his death while dying. They are interconnected. Death has happened many times, but you have died unconscious. Leave death aside; you are sleeping every day, [...]

[conscious death#13 The Transmission of the Lamp, Chapter 44](#)

Audio for Conscious Death part 13 (click to play or right click to download) Osho, All of us have missed in past lives; otherwise we wouldn't be having the wonderful experience of sitting at your feet instead of being dissolved into the whole forever. The other night you said that my constant longing is a [...]

[conscious death #14 The Invitation, Chapter 9](#)

Audio for Conscious Death part 14 (click to play or right click to download) Osho, My friend, Chintan, is just starting six months of heavy chemotherapy. You have already sent him such beautiful messages for his meditation while passing through this. Now, Osho, do you have some jokes for him too? Chintan is certainly passing [...]

[conscious death #15 And Now and Here, Chapter 12](#)

Audio for Conscious Death part 15 (click to play or right click to download) Osho, In order for one to stay awake at the time of death, or in order for one to successfully experience a conscious death in meditation, what preparations should the seeker make in relation to the body system, the breathing system, [...]

[conscious death #16 A Bird on the Wing, Chapter 1](#)

What is the secret – how to enjoy suffering? The first thing is: if you don't escape, if you allow the suffering to be there, if you are ready to face it, if you are not trying somehow to forget it, then you are different. Suffering is there but just around you; it is not [...]

[conscious death #17 Vedanta: Seven Steps to Samadhi, Chapter 16](#)

Audio for Conscious Death part 17 (click to play or right click to download) Death's operation is so big because the whole being has to be taken out of your body with which it has become so attached, identified. It is not simply removing a bone, it is removing the whole body from you. So [...]

[conscious death #18 Live Zen, Chapter 13](#)

Audio for Conscious Death part 18 (click to play or right click to download) The death we know is always somebody else. Once we know our own death, pass through it, a tremendous realization arises that death is the greatest fiction. This realization is called "the great death." Everybody dies, but the small death; only [...]

Comments are closed.

[II: Bardo](#)

[Audio for Bardo Introduction \(click to play or right click to download\)](#)

Introduction to the bardo teachings

The Bardo teachings are Tibet's greatest contribution to humanity. Most people think of the Bardo teachings as The Tibetan Book of the Dead, the Bardo Thodol. They know of the showing of the peaceful and wrathful deities in the interval between death and the next rebirth. The Bardo teachings also refers to the larger idea that our entire existence on this planet is a series of dreamlike states, (Bardo literally means interval or between states). These six bardos are: between birth and death; while dreaming; while in meditation; the showing of the clear light, just after the dying process; the appearances of the peaceful and wrathful deities which are projections of our own minds; and the seeking of a new womb, the bardo of becoming. The third meaning associated with the idea of the Bardo teachings is "a series of methods for remaining conscious during the aforementioned six bardos, in order to achieve liberation in as short a time as possible."

I have studied the Bardo teachings for forty years with several Tibetan teachers. In 1986 Osho appointed me the Director of the Osho Institute for the Art of living and Dying. I asked him to please suggest how to modify and update the traditional Bardo teachings, as they seemed too culture bound and arcane for modern meditators. How could they be more accessible to contemporary minds? He told me "you do it Bodhicitta, follow your feelings" "This website is an update of the Bardo teachings, a transmission of the teachings for your benefit, to prepare you for a conscious death or a good rebirth."

In 1986 I received the traditional Tibetan Bardo transmissions and teachings in Kathmandu, from Khenchen Thrangu Rinpoche. He is one of the Karmapa's teachers and said to be one of the highest incarnations on the planet. I did the 49 day Bardo retreat under his guidance and was empowered to transmit the teachings. I asked him, "How do you know the teachings are true? Have you direct memories of the time between death and the next rebirth?" He said, "No, I do not?" Then I asked him if he knew people who had direct experience, he again said "No". I asked him a third time, "how did he know they were true?" He said "I TRUST MY TEACHERS".

That is the best I can do also. I have listened to everything Osho said in English, read what has been translated from Hindi. I have also searched the writings of other enlightened teachers (Krishnamurti, Anandamurti, Meher Baba, many traditional Hindu texts), talked to evolved teachers in Tibetan, Hindu, Zen Jewish and Christian traditions, and, finally, as Osho advised, followed my feelings in constructing this website for you.

[bardo#1 path of the mystic #7](#)

Audio for Bardo part 1 (click to play or right click to download) Osho, I've always been fascinated by the state of bardo as described in ancient Tibetan scriptures. Could you say something about this? The Bardo is a simple method but with great significance. Only people who have meditated a little bit in their [...]

[bardo#2 ancients music in the pines 8](#)

Audio for Bardo part 2 (click to play or right click to download) The second thing to understand about death is that death is the only certainty. Everything else is uncertain: it may happen, it may not happen. Death is certain, because in birth half of it has already happened, so the other end must [...]

[bardo#3 and now and here 10](#)

Audio for Bardo part 3 (click to play or right click to download) Hence, when I say death is a delusion I do not mean it is a delusion that happens either to the body or to the soul. I call it a social delusion – one which we cultivate in every child. We indoctrinate [...]

[bardo#4 From Osho, Flight of the Alone to the Alone, Chapter 11](#)

Audio for Bardo part 4 (click to play or right click to download) During a twenty-four hour cycle you move through these states on a bigger scale, but you also move through them in each moment. Your whole life is a movement through these three states – and through many, many lives you have moved [...]

[bardo#5 Osho, I Celebrate Myself: God Is No Where, Life Is Now Here, Chapter 2](#)

Audio for Bardo part 5 (click to play or right click to download) So now that Jesus was crucified, he saw there was no point in being there, and he left. He came by ship, so he landed in South India. But he traveled all over India, and met all kinds of mystics who were [...]

[bardo #6 Flight of the Alone to the Alone, Chapter 11](#)

Experiments have been done with some ten thousand people; America has spent much money on it. People have been paid to sleep in laboratories. They sell their sleep, because they have to be awakened from their sleep again and again during the night. Certain wires and instruments are attached to them while they sleep. After [...]

[bardo#7 Flight of the Alone to the Alone, Chapter 11](#)

Audio for Bardo part 7 (click to play or right click to download) But the Russian scientists are saying that this will not go on for much longer. They have discovered ways for children to play all day long, to have fun, to go on picnics or do whatsoever they want to do – and [...]

[bardo#8 The Razor's Edge, Chapter 3](#)

Audio for Bardo part 8 (click to play or right click to download) Osho, A few months ago my friend and I were visiting his dying father. Lots of people were around. His body was about finished. To most people he was indifferent, but when everyone left he suddenly opened his eyes and told us, [...]

[bardo #9 And Now and Here, Chapter 3](#)

Audio for Bardo part 9 (click to play or right click to download) I talked about Bardo in the morning. In this method the dying man is told, “You will see hundreds of couples copulating. Don’t be in a hurry. Think a little, take a little time, remain there for a while before you enter [...]

[bardo#10 Glimpses of a Golden Childhood, Chapter 15](#)

Audio for Bardo part 10 (click to play or right click to download) His wheel was his wheel; it was not even visible to us. It was his own consciousness, and only he could do it. Since he was asking us to stop it, it was obvious that he could not do it himself, hence [...]

[bardo#12 The Last Testament, Vol. 1, Chapter 28](#)

Audio for Bardo part 12 (click to play or right click to download) The people who are living consciously – and that is my basic teaching – live consciously every moment. Even while making love, remain conscious and a witness. It is a life-long growth of becoming alert. Then you can die consciously, and you [...]

[bardo#13 The Message Beyond Words, Chapter 1](#)

Audio for Bardo part 13 (click to play or right click to download) What Yama, the Lord of Death, has attained, you can also attain. Death is immortal because death never dies. You will die, but death cannot die. How can death die? So death is the key to deathlessness. If you learn to die [...]

[bardo#14 Meditation: The Art of Ecstasy, Chapter 19](#)

Audio for Bardo part 14 (click to play or right click to download) So meditation has a beginning in the mind, but that is not real meditation. Begin in the mind, so that you can move toward meditation, and when mind ceases and you are beyond it, then real meditation begins. We have to begin [...]

[bardo#15 And Now and Here, Chapter 8](#)

Audio for Bardo part 15 (click to play or right click to download) Hence, I say religion is the art of dying. You might say, however, that I have often said religion is the art of living. I certainly talk about both things, for only one who knows how to die is able to know [...]

[bardo#16 The Long, the Short and the All, Chapter 5](#)

Audio for Bardo part 16 (click to play or right click to download) In the culmination of meditation, in samadhi, the meditator dies of his own accord. And because he has embraced death of his own free will he realizes the truth – that his inner self is separate from his physical body. Once this [...]

[bardo#17 Flight of the Alone to the Alone, Chapter 11](#)

Audio for Bardo part 17 (click to play or right click to download) So if awareness enters into the waking state and all your actions in this state start to happen meditatively, then you have become free of one body. Then you have to take the same process into the dream state. This means to [...]

[bardo#18 Beyond Psychology, Chapter 44](#)

Audio for Bardo part 18 (click to play or right click to download) Osho, When I go to sleep at night, I am swept away by such incredibly surreal dreams that I wake up in the morning surprised I am in my same bed. Osho, is there a way to channel this phenomenal energy that [...]

[bardo #19 Yakusan: Straight to the Point of Enlightenment, Chapter 2](#)

Audio for Bardo part 19 (click to play or right click to download) Maneesha has asked a question: Osho, I have heard you say that if we lose consciousness – through fear – at the point of death we re-enter the circle of birth and death. Is witnessing all we can do at this crucial [...]

[III. The Way: Sammasati; Methods](#)

[Audio for Sammasati Introduction \(click to play or right click to download\)](#)

Introduction to sammasati;how to prepare for a conscious death

Sammasati. The essence of all meditation practice is condensed in this word. If we are to die consciously,

we must live in sammasati. We will explore Osho's multifaceted expansion of sammasati's meaning.

This essential right remembrance, right mindfulness is the common thread to all spiritual traditions.

This natural state of the being, variously called witnessing, no mind, original face, rigpa, big mind, is

always present. It underlies the constant chatter of thought and feeling that we identify as "our minds".

All methods of meditation are to help us recognize the natural state, to quiet the monkey mind, and to

stabilize our resting in this consciousness without content.

This section will also present a few methods for remaining conscious while sleeping and dreaming, and

for simulating the death experience. These methods have been used by Osho and other traditions to

prepare one for conscious death, and to relax our fears of dying. However, Osho says over and over,

that witnessing is enough in itself, and reliance on any method can become a self hypnosis and an impediment to the natural expansion of our consciousness.

[Sammasati #1 Flight of the Alone to the Alone, Chapter 11](#)

Audio for Sammasati part 1 (click to play or right click to download) Meditation is the sutra, the thread, that leads to samadhi, to absolute solution. So meditation is the thread that will also make you free from all the three bodies. In your waking state, begin with meditation. Even when you are awake, you [...]

[Sammasati #2, The Dhammapada: The Way of the Buddha, Vol. 1, Chapter 7](#)

Audio for Sammasati part 2 (click to play or right click to download) And what is meditation? It does not mean meditating upon something; the English word is misleading. In English there is no

word adequate enough to translate Buddha's word sammasati. It has been translated as meditation, as right mindfulness, as awareness, as consciousness, [...]

[sammasati #3 The Dhammapada: The Way of the Buddha, Vol. 3, Chapter 7](#)

Audio for Sammasati part 3 (click to play or right click to download) Buddha's whole methodology is that of self-remembering: sammasati. It has been translated as right-mindfulness or right awareness. What is right awareness? Can awareness also be wrong? Yes, there is a possibility: if awareness becomes too focused on the object it is wrong [...]

[sammasati#4 Be Still and Know, Chapter 5](#)

Audio for Sammasati part 4 (click to play or right click to download) Indifference makes you dull, makes you mediocre, makes you unintelligent. If you are indifferent your sword will lose all sharpness. That's how it happens to the monks in the monasteries. Look at their faces, in their eyes, and you can see that [...]

[sammasati#5 Come, Come, Yet Again Come, Chapter 14](#)

Audio for Sammasati part 5 (click to play or right click to download) Osho, Why does everybody think enlightenment is a joke? Sarito, it is! But only a child can ask such a beautiful question – Sarito is only twelve years of age. Enlightenment is a joke because it is not something that you have [...]

[sammasati#6 Walk Without Feet, Fly Without Wings and Think Without Mind, Chapter 9](#)

Audio for Sammasati part 6 (click to play or right click to download) It interprets not. And why is it called mindfulness? This is the translation of a Buddhist term "sammasati." Samma means right – the translation is not very correct, cannot be. Samma is a very strange word, very significant, has many meanings; "right" [...]

[sammasati#7 The Great Zen Master Ta Hui, Chapter 6](#)

Audio for Sammasati part 7 (click to play or right click to download) Now he sometimes talks so stupidly that it is amazing that he has been thought to be a great master. He is saying: If correct mindfulness... which means there is a possibility of incorrect mindfulness. There is no possibility of incorrect mindfulness. Mindfulness [...]

[sammasati#8 YAA-HOO! The Mystic Rose, Chapter 29](#)

Audio for Sammasati part 8 (click to play or right click to download) Osho, What exactly is the right remembrance that Buddha talks about? I go on remembering all kinds of things you have said, and my own insights, but isn't that my mind trying to deceive mind? And who is remembering it? What Gautam [...]

[sammasati#9 The Secret of Secrets, Chapter 11](#)

Audio for Sammasati part 9 (click to play or right click to download) This happens: when people sit silently in meditation more thoughts come than they do ordinarily, than they usually come – unusual explosions. Millions of thoughts rush in, because they have some investment in you – and you are trying to get out [...]

[sammasati#10 The Zen Manifesto: Freedom from Oneself, Chapter 4](#)

Audio for Sammasati part 10 (click to play or right click to download) Zen is your very nature; there is no way of throwing it away. All that you can do with Zen is two things: you can remember, or you can forget. This is the only possibility. If you forget your nature, your buddhahood [...]

[sammasati#11 The Book of Wisdom, Chapter 27](#)

Audio for Sammasati part 11 (click to play or right click to download) Yes, there is a great need to remember yourself. Your question is really significant. I call a question significant when it is existential, when it is not intellectual, when it is not bookish, when it does not come out of your knowledge [...]

[sammasati#12 Beyond Psychology, Chapter 7](#)

If you are also ready to open a new door into your being, if you are ready to hear from the heart, then whatever I am saying is so simple that there is no need to believe in it, because there is no way to disbelieve it. It is so simple that there is no [...]

[sammasati#13 The Path of the Mystic, Chapter 13](#)

Its purpose is to create a silence in you and a rhythm that is in tune with my rhythm. And slowly, slowly it starts happening by itself. You are not to do anything. You just have to be available, and then it will be almost like meditation. It may be Kundalini, it may be Dynamic, [...]

[sammasati#14 The Zen Manifesto: Freedom from Oneself, Chapter 4](#)

Audio for Sammasati part 14 (click to play or right click to download) “You should understand this. There is nothing which is to become buddha. Don’t just go on hearing the name of buddha; you, yourselves, must see that the good devices and four infinite virtues are not from outside; don’t carry them in your [...]

[sammasati#15 The Hidden Splendor, Chapter 24](#)

Osho, I find that the true moments of joy and peace in my life come when I am the witness. Witnessing seems to come easier when I make some effort for it, such as now, in Vipassana group. You talked recently about the futility of will, but for me, it seems some effort or will [...]

[sammasati#16 The Zen Manifesto: Freedom from Oneself, Chapter 10](#)

Nivedano... [Drumbeat] [Gibberish] Nivedano... [Drumbeat] Be silent... Close your eyes...and feel your bodies to be completely frozen. This is the right moment to enter in. With a deep urgency, gather all your energies and consciousness, and rush toward your inner center of being which is just two inches below the navel, inside you. Faster and [...]

[sammasati#17 The White Lotus, Chapter 11](#)

Audio for Sammasati part 17 (click to play or right click to download) See the point, see it immediately: because there is no mind, you cannot be ignorant. Because there is no mind, how can you be wise? You have gone beyond the duality. Ignorance gone, wisdom gone, you simply are. Just as the roseflower [...]

[sammasati#18 The Zen Manifesto: Freedom from Oneself, Chapter 11](#)

Audio for Sammasati part 18 (click to play or right click to download) Nivedano... [Drumbeat] Be silent. Close your eyes...and feel yourself completely frozen. This is the right moment to enter inward. Gather all your energy, your total consciousness, and rush toward the inner center with deep intensity and urgency. The center is just two [...]

Comments are closed.

[IV. Art of Living](#)

[Audio for Art of Living Introduction \(click to play or right click to download\)](#)

Introduction to the Art of Living

The Art of Living is Osho's unique new path for seekers of truth. While almost every traditional path

prescribes a lifestyle of withdrawal (vairagya) from full on involvement in the contemporary world, Osho

tells us to dive in. While most paths prescribe austerities, monastic communities, and continuous

repetitive practices (abhyasa) Osho urges us to watch the unfoldment of our inner nature as the

essential practice. All of the traditional practices are efforts to unwind our karmas from countless past

lives without inflicting yet new burdens upon ourselves. Osho's art of living is a tightrope walk where we

unfold our karmas by watching them ,more or less harmlessly, in the context of a natural, spontaneous

life. Most traditional paths avoid radical critiques of the vested interests of politicians,preists,and moneyed elites in their societies. Osho takes these oppressors of mankind's spiritual potential head

on.He tells us not to fight with the old man, not to cooperate with the old man,but to become the new

man,and build communities and networks of new men to support each others natural unfoldment.

In this section we hear Osho's advice on how to live ,both in order to prepare for conscious death and to squeeze the juice from life. The new man, whom he sometimes calls "the rebel" or Zorba the

Buddha, lives in the world and yet is not of it. He gives clear guidelines on transforming oneself while

enjoying everything,and how not to get too lost in trying to fix the society, or taking our own desires too

seriously. His guidance on the art of living is a compass for navigating life's ocean.

[art of living #1 God Is Dead: Now Zen Is the Only Living Truth, Chapter 6](#)

Audio for Art of Living part 1 (click to play or right click to download) Anything that is totally lived is equal to meditation. You don't need meditation. And a man who is living moment-to-moment, absolutely naturally, according to himself, has nothing to regret, is not a failure. Hence, a happy man, a blissful man, [...]

[art of living #2 The Razor's Edge, Chapter 23](#)

Audio for Art of Living part 2 (click to play or right click to download) Osho, Would you talk some more on the art of how to be fully alive? The art of living fully, totally, and intensely is not something arduous or difficult, but it has been made almost impossible. It is so simple [...]

[art of living #3 The White Lotus, Chapter 10](#)

Audio for Art of Living part 3 (click to play or right click to download) Meditation is the art of living with yourself. It is nothing else than that, simply that: the art of being joyously alone. A meditator can sit joyously alone for months, for years. He does not hanker for the other, because [...]

[art of living #4 Come, Come, Yet Again Come, Chapter 2](#)

Osho, I have heard that your sannyasins celebrate death. You have heard rightly! My sannyasins celebrate everything. Celebration is the foundation of my sannyas – not renunciation but rejoicing; rejoicing in all the beauties, all the joys, all that life offers, because this whole life is a gift of God. The old religions have taught [...]

[art of living #5 Beyond Enlightenment, Chapter 28](#)

Osho, You have recently said that most of humanity is vegetating, not living. Please explain to us the art of living so that death may become also a celebration. Man is born to achieve life, but it all depends on him. He can miss it. He can go on breathing, he can go on eating, [...]

[art of living #6 The Sword and the Lotus, Chapter 18](#)

Osho, Please make me understand what it is to live “rightly.” There are two ways to live, to be, to know: one is of effort, will, ego; the other is of no effort, no struggle, but being in a let-go with existence. All the religions of the world have been teaching you the first way, [...]

[art of living #7 The Dhammapada: The Way of the Buddha, Vol. 4, Chapter 6](#)

Audio for Art of Living part 7 (click to play or right click to download) You are to transcend, not to renounce. If you renounce you miss the point. And when I say, “Let go!” I simply mean don’t cling. I am not saying to you don’t try to be happy. Make every possible effort [...]

[art of living #8 From Unconsciousness to Consciousness, Chapter 12](#)

Audio for Art of Living part 8 (click to play or right click to download) It is natural that in my commune you will not find anybody bothering about the future, bothering about what happens after death, because so much is happening right now: who cares about death? So much joy and so much peace [...]

[art of living #9, Walk Without Feet, Fly Without Wings and Think Without Mind, Chapter 10](#)

The first question: Osho, I’m not skilled in any art. Poetry sometimes happens. Dance happens through me. I feel now there is such a thing as the art of living, of life. Have you a comment? That is the right way. Poetry cannot be done, it can only be allowed. Poetry is not a technique, [...]

[art of living #10 A Sudden Clash of Thunder, Chapter 9](#)

A person who escapes is not really a man of understanding. His very escape shows his fear, not understanding. If you say, “How can I be happy sitting in the marketplace? How can I be silent sitting in the marketplace?” and you escape to the Himalayan silence, you are escaping from the very possibility of [...]

[art of living #11 A Sudden Clash of Thunder, Chapter 9](#)

Audio for Art of Living part 11 (click to play or right click to download) But this is all quite natural, because your life has not become a work of art. If it had, you could have made your life into a beautiful sculpture. You could have given your life a definite shape; you could [...]

[art of living #12 The Voice of Silence, Chapter 2](#)

Audio for Art of Living part 12 (click to play or right click to download) Whatever you have to do, wherever you may be, don't do anything unhappily, because then, even if you enter heaven, you will enter unhappily; there too you will always manage to find reasons for being unhappy. You will be always [...]

[art of living #13 From Sex to Superconsciousness, Chapter 2](#)

Audio for Art of Living part 13 (click to play or right click to download) However, the approach up until now has been exactly the opposite. That approach asks you to renounce life, to renounce the world. It does not ask you to search in life. It does not ask you to learn the art [...]

[art of living #14 Satyam Shivam Sundaram: Truth Godliness Beauty, Chapter 3](#)

Audio for Art of Living part 14 (click to play or right click to download) He said, “My God, you have written such a poetic piece about it. I had completely forgotten the lake; I had started taking it for granted. The forest, the mountains.... Yes, I remember now; when I entered this house for [...]

[art of living #15 The Rebel, Chapter 4](#)

Audio for Art of Living part 15 (click to play or right click to download) Osho, What are the qualities of a rebel? The qualities of a rebel are multidimensional. The first thing: the rebel does not believe in anything except his own experience. His truth is his only truth; no prophet, no messiah, no [...]

[V. Art of Dying](#)

[Audio for Art of Dying Introduction \(click to play or right click to download\)](#)

Introduction to the Art of Dying

The art of dying is the art of living , living each moment in totality, yet relaxed into your witnessing consciousness,your original face.The art of living is the art of dying,dying to the past each moment.Osho’s profound instructions for the art of dying are in this section.Practical preparations for death are suggested in Bodhicitta’s commentaries and in the other traditions sections.

Resting consciously in that which neither dies nor is born, does the ocean really swallow the sun at dusk?

[art of dying #1 And the Flowers Showered, Chapter 5](#)

Audio for Art of Dying part 1 (click to play or right click to download) Death is a door, it is not a stopping. Awareness moves but your body remains at the door – just as you have come here and left your shoes at the door. The body is left outside the temple, and [...]

[art of dying #2 The Message Beyond Words, Chapter 1](#)

Audio for Art of Dying part 2 (click to play or right click to download) The first thing is that in this world, one who wants to know life must himself go through the experience of death. Except for this there is no other way. To know life one has to learn the art of [...]

[art of dying #3 The Art of Dying, Chapter 6](#)

Audio for Art of Dying part 3 (click to play or right click to download) Once you are afraid of death you are bound to be afraid of life. That’s why I am talking about this Hasidic approach. The whole approach consists of methods, ways and means of how to die – the art of [...]

[art of dying #4 And Now and Here, Chapter 12](#)

Audio for Art of Dying part 4 (click to play or right click to download) There are truths we come to know only by passing through them. The truth of death is one of these. But in order that one may know death, one needs to prepare while one is still alive. The preparation for [...]

[art of dying #5 Zarathustra: A God That Can Dance, Chapter 16](#)

Audio for Art of Dying part 5 (click to play or right click to download) Of Voluntary Death Many die too late and some die too early. Still the doctrine sounds strange: “Die at the right time.” Die at the right time: thus Zarathustra teaches. To be sure, he who never lived at the right [...]

[art of dying #6 The Art of Dying, Chapter 2](#)

Audio for Art of Dying part 6 (click to play or right click to download) Osho, Why do you prefer to call meditation the art of dying rather than calling it the art of growing? Because I know your ego will like it very much if I called it the art of growing. The art [...]

[art of dying #7 Nowhere To Go But In, Chapter 8](#)

Audio for Art of Dying part 7 (click to play or right click to download) And when you see that you have nothing to be saved, the fear of dying will immediately disappear – because who will die then? When there is nothing to be saved, then what is there to lose? The fear that [...]

[art of dying #8 Die O Yogi Die, Chapter 1](#)

I too teach death. Die, O yogi, die! Die, sweet is this dying. Die this death that Gorakh embraced and awakened. Gorakh says: I awakened it through dying. You die too; you disappear too. Learn this art of dying. If you disappear, you can attain it. Someone who dies attains. Someone who wants to bargain [...]

[art of dying #9 The Secret ,Chapter 1](#)

Audio for Art of Dying part 9 (click to play or right click to download) This is a temple of total ruin – kharabat. If you come close to me, remember, you are going to die. Mohammed has said, “Die before you die.” That is a Sufi statement: die before you die. Death is coming, [...]

[art of dying #10The Dhammapada: The Way of the Buddha, Vol. 4, Chapter 7](#)

Audio for Art of Dying part 10 (click to play or right click to download) The mystic dies voluntarily. The mystic dies before the actual death; he dies in meditation. Lovers know a little bit of it because fifty percent of love is death. That’s why love is very close to meditation. Lovers know something [...]

[art of dying 11 Vedanta: Seven Steps to Samadhi, Chapter 16](#)

Audio for Art of Dying part 11 (click to play or right click to download) If you can surrender in death you can surrender in love, you can surrender in trust, you can surrender in faith. And the reverse is also true, vice-versa is also true; if you can surrender in love, surrender in faith, [...]

[art of dying #12 The Book of Wisdom, Chapter 14](#)

Audio for Art of Dying part 12 (click to play or right click to download) Osho, Can you say something about death and the art of dying? The first thing to be known about death is that death is a lie. Death exists not; it is one of the most illusory things. Death is the [...]

[art of dying #13 Beyond Enlightenment,Chapter 7](#)

Audio for Art of Dying part 13 (click to play or right click to download) I asked Osho this question in Bombay,in 1986.He appointed me as director of The Osho Institute for the Art of Living and Dying shortly thereafter. Osho, Thoughts of death have been a frequent visitor during my discipleship. How can a [...]

[art of dying #14 The Reellious Spirit,Chapter 16](#)

Audio for Art of Dying part 14 (click to play or right click to download) Osho, Is it possible to die consciously without being enlightened? Existence follows certain laws – and there are no exceptions. If one wants to die consciously, the only way is to be enlightened. Death is such a great surgery: your [...]

One Response to “V. Art of Dying”

- *Anandi:*

[May 30, 2011 at 11:27 pm](#)

the clarity and ease of movement within the sight are wonderful. thank you with love and gratitude in my heart that the teachings arrived today(may 30th), Anam's one year death day

[Reply](#)